

Worksheet 9:

Charlie's story

Charlie is an 88-year-old gentleman who is living with Alzheimer's disease. He has recently returned home after being discharged from hospital following a fall in which he broke his neck of femur (hip).

Since returning home, Charlie spends a lot of time sitting in his armchair and sleeping. He has been provided with exercises to build up his strength, but he frequently forgets or says that he feels too tired to do them. Charlie has difficulty sleeping at night. This has resulted in him being at risk of falling.

Charlie lost a lot of weight while he was in hospital, and says that his appetite has not really 'returned to normal'. As he lives alone, Charlie receives Meals on Wheels which he does not much enjoy and frequently forgets to eat.